

1. Sayadaw Dr. Nandamālābhivaṃsa's Q&A Session

Dear friends, see the link below where you may download my recording of Sayadaw's explanations and answers related to Abhidhamma and various Dhamma related questions. Please, feel free to ask me anything if you can't understand something. :-) This Q&A session was attended by all those who attended the Abhidhamma Course of Visuddhimagga in Pyin Oo Lwin (Me Myot) in November 2015. The course was 13 days long and it was arranged in Dr. Nandamālābhivaṃsa's monastery, Dhamma Sahaya Center. :-)

<https://archive.org/details/DrNandamalabhivamsaAbhidhammaAndOtherQA151121>

2. Mangosteen and Sugar – deadly combination?

See the link below, it is only in Burmese, though. Burmese people do not give their children mangosteens, because they worry that if the children then "happen to" eat sweets, these children then may die. Mangosteen contains sugar, just like sugar itself, so it sounded to me quite strange that this would be a deadly combination. I have found however a funny idea on internet, that maybe mangosteen is so sweet and so amazingly tasty, that adding sugar to it would simply kill you and take you to heaven. There are several accounts of people who ate mangosteen and sugar and nothing happened to them. No account of a deadly scenario. I have taken two mangosteens with sugar or sweets for ten days, and nothing happened to me at all.

Also, please note that this video mostly consists of information about vegetarianism in Buddhism, encouragement and reasons for becoming and being a vegetarian.

Video: [Mangosteen and Sugar eating, be vegetarians monk Sarana \(in Burmese\) - YouTube](#) ,

(or) <https://archive.org/details/MangosteenAndSugarEatingBeVegetariansMonkSaranabigfile>

Text:

<https://archive.org/download/MangosteenAndSugarEatingBeVegetariansMonkSaranabigfile/Mangosteen%20and%20Sugar,%20Vegetarianism%20-%20monk%20Sarana.pdf>

3. 9 Wonders around Shwedagon and More

See here the updated version of this document, I have received photos from Tawagu Phayar from Ye Yint Aung, and also a photo of Nay-La Phayar.

<https://archive.org/download/NineWondersAroundShwedagonAndMore>

May all beings be happy :-)

Monk Sarana